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Skripsi, Juni 2024
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HUBUNGAN ANTARA REGULASI EMOSI DENGAN KEJADIAN *DISMENOIRE* PADA SISWI SMK BHAKTI KENCANA CIAWI

ABSTRAK

xii bagian awal + 62 halaman + VII bab + 1 bagan + 5 tabel + 16 lampiran

Dismenore adalah nyeri perut pada daerah abdomen bagian bawah. Angka kejadian *dismenore* sangat tinggi di seluruh dunia. Rata-rata lebih dari 50% wanita menderita kondisi ini. Dampak yang timbul saat *dismenore* bagi siswi tidak dapat beraktivitas normal dan berkonsentrasi dalam belajar. Salah satu faktor resiko terjadinya *dismenore* adalah regulasi emosi yang buruk. Tujuan penelitian untuk mengetahui hubungan antara regulasi emosi dengan kejadian *dismenore* pada siswi SMK Bhakti Kencana Ciawi. Metode penelitian kuantitatif korelasional dengan pendekatan studi *cross sectional*. Populasi seluruh remaja putri kelas X dan XI di SMK Bhakti Kencana Ciawi dengan *proportionate stratified random sampling* didapatkan besaran sampel sebanyak 50 orang. Teknik pengumpulan data secara langsung menggunakan kuesioner. Data dianalisis dengan distribusi frekuensi dan uji *Chi-Square*. Hasil didapatkan bahwa responden yang memiliki emosi yang baik dan mengalami *dismenore* sebanyak 17 responden (94,4%), sedangkan yang tidak mengalami *dismenore* sebanyak 1 responden (5,6%). Responden yang emosinya kurang baik dan mengalami *dismenore* sebanyak 21 responden (65,6%), sedangkan yang tidak mengalami *dismenore* sebanyak 11 responden (34,4%). Hasil uji statistik didapatkan nilai p value 0,036. Kesimpulan ada hubungan antara regulasi emosi dengan kejadian *dismenore* pada siswi SMK Bhakti Kencana Ciawi. Disarankan bagi pihak sekolah untuk mempertahankan regulasi emosi pada siswi terutama di saat menstruasi dengan melakukan kegiatan seperti peregangan atau meditasi saat olahraga dan bekerjasama dengan pihak ketiga seperti puskesmas setempat untuk melakukan pendidikan kesehatan secara rutin terkait dengan menstruasi dan strategi memperbaiki regulasi emosi.

Kata Kunci : *Dismenore*, Regulasi Emosi, Remaja
Daftar Pustaka: 41 (2014 s.d 2023)

University of Muhammadiyah Tasikmalaya
Faculty of Health Sciences
Bachelor of Nursing Study Program

Thesis, June 2024
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**THE RELATIONSHIP BETWEEN EMOTIONAL REGULATION
AND THE INCIDENCE OF DYSMENORRHEA IN STUDENTS
OF SMK BHAKTI KENCANA CIAWI**

ABSTRACT

xii beginning + 62 pages + VII chapters + 1 figure + 5 tables + 16 attachment

Dysmenorrhea is abdominal pain in the lower abdominal region. The incidence of dysmenorrhea is very high worldwide. On average more than 50% of women suffer from this condition. The impact that arises when dysmenorrhea for female students cannot carry out normal activities and concentrate on learning. One of the risk factors for dysmenorrhea is poor emotional regulation. The purpose of the study was to determine the relationship between emotional regulation and the incidence of dysmenorrhea in students of SMK Bhakti Kencana Ciawi. Correlational quantitative research method with cross sectional study approach. The population of all grade X and XI adolescent girls at SMK Bhakti Kencana Ciawi with proportionate stratified random sampling obtained a sample size of 50 people. Direct data collection techniques using questionnaires. The data were analyzed by frequency distribution and Chi-Square test. The results found that respondents who had good emotions and experienced dysmenorrhea as many as 17 respondents (94.4%), while those who did not experience dysmenorrhea as many as 1 respondent (5.6%). Respondents who were emotionally unfavorable and experienced dysmenorrhea were 21 respondents (65.6%), while those who did not experience dysmenorrhea were 11 respondents (34.4%). The results of the statistical test obtained a p value of 0.036. Conclusion there is a relationship between emotional regulation and the incidence of dysmenorrhea in students of SMK Bhakti Kencana Ciawi. It is recommended for schools to maintain emotional regulation in students, especially during menstruation by doing activities such as stretching or meditation during sports and collaborating with third parties such as local health centers to conduct regular health education related to menstruation.

Keywords : Dysmenorrhea, Emotion Regulation, Adolescents
Bibliography : 41 (2014 to 2023)